

# WELLNESS & BODYWORK

Treat Your Mind, Body & Spirit!

The Open Center offers the best prices in NYC for private wellness sessions in 15 leading modalities, both traditional and holistic. All of our hour-long sessions are given by our professional staff of licensed practitioners in a soothing, nurturing environment.

We offer a 6-session Wellness Package which NEVER expires and can be shared with family or friends.

**\$65 per session • \$50 per session with our Wellness Package • Gift Certificates are available for all of our modalities.**

Bodywork sessions are intended to promote balance and well-being and are in no way a substitute for medical treatment.

## Swedish Massage

Works muscles to relax tension and promote blood and lymphatic circulation—a superb combination of relaxation and healing.

## Chakra Balancing

Will help unblock and rebalance one or more of the chakras: seven centers in our body's subtle energy system understood traditionally to correspond to major areas of our lives.

## Shiatsu

Can relieve specific common ailments such as backaches and menstrual pain through the gentle art of supporting and releasing Chi (vital energy).

## Reflexology

is the ancient practice of using specific pressure points on the feet to enhance the natural healing abilities of corresponding organs and glands.

## Polarity Therapy

Employs both gentle and deep touch to improve energy flow in specific areas throughout the body and incorporates nutrition, verbal communication and movement.

## CranioSacral Balancing

A gentle, non-invasive technique that can address specific problems, enhance nervous-system function or reduce stress, using hands-on palpation.

## Acupressure & Jin Shin Do

Acupressure combines gentle yet deep finger pressure on acupoints to release the tensions that stem from blockages along the body's energy channels.

## Barbara Brennan Technique® Energy Healing

Employs hands-on methods developed by Barbara Brennan to help facilitate shifts in your physical, emotional, mental, intentional and essence domains.



MODALITIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swedish	1:45-4:15pm	10am-12:30pm	1:45-8pm	11am-6pm	10am-8pm	10am-6pm	10am-12:30pm
Polarity	11am-8pm	10am-8pm	11:15-8pm	12am-8pm	10am-8pm	10am-4pm	10am-5pm
Reflexology	3-8pm	3-8pm	3-8pm	10am-8pm	10am-5pm	10am-4pm	
CranioSacral	3-8pm	3-8pm	10am-8pm	1:45-4:15pm	3-8pm	10-1pm	
Trager		10am-12:30pm					
Barbara Brennan							
Energy Healing	1:30-5:15pm			12:30-3:30 pm	10am-1pm		
Reiki	1:45-4:15pm	3-8pm	3-8pm	11am-4:15pm	3-8pm	3-8pm	
Sports Massage					10am-12:30pm	11am-1:30pm	
Deep Tissue			12pm-4:15pm	11:15am-6pm	11am-5:30pm	3-5pm	10am-12:30pm
Lymphatic Drainage	3-8pm	3-8pm	3-8pm	1:45-4:15 pm	10am-8pm	10am-1pm	
Acupressure, Jin Shin Do			10 am-4:15pm	3-8pm	3-6pm	3-6pm	10am-12:30pm
Chakra Balancing		10 am-7pm	10am-7pm	10am-7 pm	10am-4pm	10am-7pm	10am-5pm
Thai Massage					10am-8pm	12-4pm	
Pregnancy Massage	3-8pm	3-8pm	3-8pm	1:45-4:15 pm	12-4pm	10am-1pm	
Shiatsu	1:45-4pm		10am-8pm	1:45-4:15pm	10am-8pm	10am-6pm	10am-12:30pm

Times subject to change.

Some sessions are at practitioners private offices.

**CANCELLATION POLICY:** We require a minimum of 24-hours notice in the event of cancellation.

To reserve a session, call (212) 274-1829